

ERGONOMICS RISK ANALYSIS

Job Title: Bottle Washers

Job Description:

Evaluators:

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Supervisor:

Awkward Postures

Neck	<input type="checkbox"/> No Problem Observed <input checked="" type="checkbox"/> Twisted (rotated) <input type="checkbox"/> Tilted Back <input checked="" type="checkbox"/> Tilted Forward <input type="checkbox"/> Lateral (bending side to side) <input type="checkbox"/> Other	Specific Job Tasks: Bottle washing Foiling	Solutions: Provide education
Wrist/Hand	<input type="checkbox"/> No Problem Observed or Reported <input checked="" type="checkbox"/> Flexion <input checked="" type="checkbox"/> Ulnar Deviation <input checked="" type="checkbox"/> Extension <input checked="" type="checkbox"/> Radial Deviation <input type="checkbox"/> Other	Specific Job Tasks: Wide grasp while holding bottles Tight grasp of racks and bins Opening/closing bottles Bottle rinsing Using Washer/Dryer Cutting foil Writing on bottle lids	Solutions: Provide education Equipment recommendations: Bottle brushes suction and/or built up handles, utility knives with ergonomic handles, wide grip pens
Elbows/Forearm	<input type="checkbox"/> No Problem Observed or Reported <input checked="" type="checkbox"/> Flexed (arm bent up) <input checked="" type="checkbox"/> Extended (arm straight) <input checked="" type="checkbox"/> Winged (away from body) <input checked="" type="checkbox"/> Supination (palm up) <input checked="" type="checkbox"/> Pronation (palm down) <input type="checkbox"/> Sustained extension/flexion <input type="checkbox"/> Other	Specific Job Tasks: Loading, pushing, and pulling autoclave cart Opening/closing autoclave door Lifting and carrying racks and bins Bottlewashing Using Washer/Dryer	Solutions: Provide education Use bottle brushes with suction and/or built up handles
Back	<input type="checkbox"/> No Problem Observed or Reported <input checked="" type="checkbox"/> Slouched <input checked="" type="checkbox"/> Inadequate Lumbar Support <input checked="" type="checkbox"/> Twisted <input checked="" type="checkbox"/> Standing on hard surface	Specific Job Tasks: Twisting while accessing dirty side of autoclave Using Washer/Dryer Sustained standing Outside person pushing/pulling carts to various buildings	Solutions: Provide education Provide maintenance on routine basis to carts and autoclave Check if mats are antifatigue Use enlarged and pivoting casters on carts Use adjustable height cart
Shoulders	<input type="checkbox"/> No Problem Observed or Reported <input checked="" type="checkbox"/> Forward Reach <input type="checkbox"/> Reaching Behind <input checked="" type="checkbox"/> Raised/above shoulder height <input type="checkbox"/> Other	Specific Job Tasks: Reaching for supplies, during foiling Reaching into washers and dryers Packer Pushing/Pulling Autoclave Cart Opening/closing Autoclave door Opening/closing Washer/Dryer	Solutions: Provide education

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Legs	<input checked="" type="checkbox"/> Insufficient leg clearance <input type="checkbox"/> Stance <input type="checkbox"/> Other	Specific Job Tasks: Foiler	Solutions: Explore options for increasing accessibility for sitting at counters including: remove clutter, rearrange supplies, use stool, remove door or facing on cabinet, use open drawer with board on it for added work space
Other	<input checked="" type="checkbox"/> Work surface height	Specific Job Tasks: Have adjusted sink depths counters at fixed height	Solutions: Provide variable height ergonomic stools

Repetitive Activities	Specific Job Tasks: Grasping (pinch and wide) bottles Lifting Pushing Pulling Reaching	Solutions: Provide education
Contact Stress/Pressure	Specific Job Tasks: Autoclave cart Bottle racks Utility knives Counter edge	Solutions: Enlarge and elongated utility knife handles Padding to edge of counters Padded gloves
Work Style/Flow Self paced	Specific Job Tasks:	Solutions:
Environment (organization , access, layout, hazards, lighting, temperature)	Specific Job Tasks:	Solutions:
Force/Lifting	Specific Job Tasks: Autoclave door Carts Washer and dryer doors Water containers Racks of bottles	Solutions: Provide maintenance on doors of Washer, Dryer, and Autoclave Do lifting, pushing, pulling analysis
Tools & Equipment	Specific Job Tasks: Bottle brushes, utility knives, foil, pens, knives, autoclave, carts, autoclave gloves,	Solutions: Autoclave gloves with padding Adjustable height cart Ergonomic utility knives/ knives Pivoting large casters for carts

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Summary:

1. Provide education on ways to avoid risk factors, body mechanics, posture and stretching

2. Equipment recommendations:

ergonomic bottle brushes, utility knives, knives, pens, stools, padded gloves, adjustable height utility cart

3. Environment/ Equipment modifications:

maintenance on doors of washer, dryer, and autoclave, large pivoting casters on carts, padding on counter edges

Assess if mats are antifatigue, if not purchase antifatigue mats for each standing work station

4. Do lifting, pushing, and pulling analysis to establish maximum loads



Photo 1. Metal into autoclave bags.

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Photo 2. Working with a cart.